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Survey Screen for Sleep Apnea (SSSA)

Availability	This instrument is not currently available on the NINDS CDE website; however, copyright permission has been granted. If you wish to obtain a copy of the instrument, please submit your request to NINDSCDE@EMMES.com
Classification:	Supplemental
Short Description of Instrument:	<p>The Survey Screen for Sleep Apnea (SSSA) contains 13 self-report symptom frequency questions that are designed to distinguish between individuals who suffer from sleep apnea and individuals who do not.</p> <p>The symptoms included in the questionnaire are associated with sleep disorders such as sleep apnea-related symptoms, difficulty sleeping symptoms, EDS symptoms, and narcolepsy-like symptoms. From these 13 symptoms, 3 were related to sleep-disordered breathing/apnea.</p>
Scoring:	The patient must classify each symptom according to the frequency of appearance over the past month on a scale of 0 to 4.
Restrictions:	N/A
References:	Maislin G, Pack AI, Kribbs NB, et al. A survey screen for prediction of apnea. Sleep 1995;18:158-166.